

Agenda



Friday 8th and Saturday 9th April 2016

[Shangri-La Hotel](#), The Marina, Cairns, Australia

Friday 8th April 2016

TIME	TITLE	SPEAKER
9.00am	Welcome and introduction	Dr Helen Schultz/Dr Curtis Gray
9.15am	Sleep basics	Dr Simon Frenkel
10.15am	Circadian rhythm and neurobiology of sleep	Assoc Prof Stuart Armstrong
11.00am	Morning tea	
11.30am	Sleep and psychiatry why is it important?	Dr Curtis Gray
12.00pm	Insomnia update – latest evidence regarding management	Dr Curtis Gray
12.45pm	Obstructive sleep apnoea and implications for mood disorders	Dr Simon Frenkel
1.30pm	Lunch	
2.15pm	The effects on psychotropic medications on sleep, (good and not so good)	Dr Helen Schultz
3.00pm	Parasomnias	Dr Simon Frenkel
3.45pm	Afternoon tea	
4.00pm	Sleep and PTSD	Assoc Prof Stuart Armstrong
5.00pm	Summary and close	

Saturday 9th April 2016

TIME	TOPIC	SPEAKER
9.00am	Orientation to day 2, and winner of our best clinical case competition	Dr Simon Frenkel/Dr Curtis Gray/Dr Helen Schultz
9.15am	In depth discussion and role plays "Doctor, I can't sleep"	Dr Curtis Gray, Dr Helen Schultz
10.00am	In depth discussion and role plays "Doctor, I can't stay awake"	Dr Curtis Gray, Dr Helen Schultz, Dr Simon Frenkel
10.45am	Morning tea	
11.15am	In depth discussion and role plays "Doctor, weird things happen in my sleep"	Dr Curtis Gray, Dr Helen Schultz, Dr Simon Frenkel
12.00pm	Panel discussion of common cases	Dr Curtis Gray, Dr Helen Schultz, Dr Simon Frenkel
1.00pm	Lunch	
1.45pm	Shift work sleep disorders and patient/public safety. Our role as health practitioners	
2.00pm	Future directions in sleep.	Dr Helen Schultz
2.45pm	Afternoon tea	
3.00pm	Audience participation exercise	Dr Helen Schultz
3.45pm	Summary and close	Dr Helen Schultz

Saturday will involve more interactive discussion and teaching based around common presentations in sleep disorders. They will be highly valuable not only for RANZCP registrars sitting the OSCE style examinations, but for any clinician with an interest in watching role play scenarios conducted by professional actors.